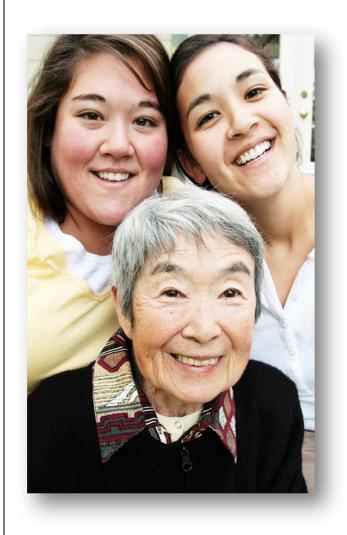
You Can! Live Well, Virginia!

Chronic Disease Self-Management Program

Presented by the Loudoun County Area Agency on Aging



Ready to live life, not just endure it?

Join us for a 6 week workshop developed by Stanford University that will empower you to manage your own care and improve your quality of life.

The following topics will be covered:

- Nutrition and physical activity
- Making informed treatment decisions
- Dealing with difficult emotions
- Understanding medication

This workshop is open to anyone with a chronic condition, as well as their caregivers. A chronic condition may be heart or lung disease, asthma, arthritis, migraines, HIV, diabetes, Crohn's, or any other illness that affects your daily life.

To find a workshop near you, contact the Area Agency on Aging 703-777-0257 aaa@loudoun.gov



The Loudoun County Area Agency on Aging is a division of Loudoun County Department of Parks, Recreation and Community Services